BLADEZ®
FITNESS

SX6i

OWNER'S MANUAL

Important: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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Introduction

Congratulations on your purchase of Bladez Fitness equipment. We hope you appreciate the style, quality, and value that exercisers around the world have come to expect from Bladez Fitness.

If you have any questions, concerns or product issues please call our Customer Service Team at 1-866-325-2339 or email us at CustomerSupport@BHNorthAmerica.com.

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the machine. Please read ALL the safety information contained on the following page.

SAFETY INFORMATION

PRECAUTIONS

This equipment has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the machine. Please observe the following safety precautions:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by Bladez Fitness. Read manual prior to use and follow all warnings and instructions.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor. Misuse of this machine may result in serious injury.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Keep a perimeter of 3 feet (1 meter) around the machine before operating the equipment.
13. Use only authorized and trained technicians if a repair is needed.
14. Please follow the advice for correct training, as detailed in the Training Guidelines.
15. Use only the tools provided to assemble this machine.
16. Replace warning labels if damaged, illegible or removed.
17. This machine was designed for a maximum user weight of 300 lbs (136 kgs)
18. The machine can only be used by one person at a time.

Caution: Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

NOTE: This equipment has been tested and found to comply with the limits for Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide a reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocation the receiving antenna
- Increase the separation between the equipment and the receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver in connected
- Consult the dealer or an experienced radio/TV technician for help

EXERCISE INSTRUCTION

Use of the machine offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it can help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Get on the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

STRENGTH
The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

MUSCULAR ENDURANCE
The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

FLEXIBILITY
The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

CARDIO-RESPIRATORY ENDURANCE
The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS
Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

ANAEROBIC TRAINING
Is an exercise intense enough to trigger anaerobic metabolism. This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, a 100 meter sprint.)

OXYGEN UPTAKE
The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO2 Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

THE TRAINING THRESHOLD
This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

OVERLOAD
This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

PROGRESSION
As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

SPECIFICS
Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

REVERSIBILITY
If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP
Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise.

WARM DOWN OR COOL DOWN
This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are "starting fitness."

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

MUSCLE SORENESS

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. Always wear a pair athletic shoes.

BREATHING DURING EXERCISE

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

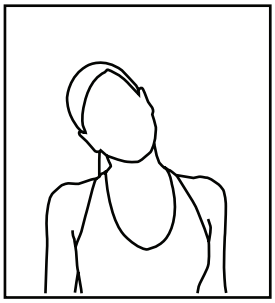
REST PERIODS

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

SUGGESTED STRETCHES

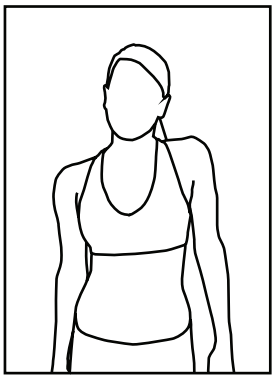
Head Rolls

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



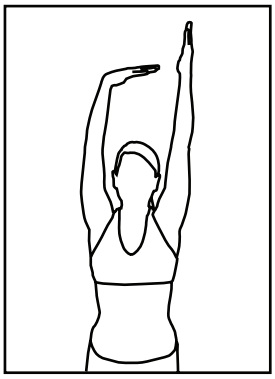
Shoulder Lifts

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.



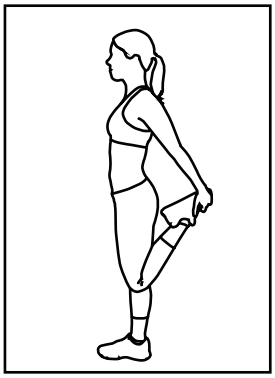
Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.



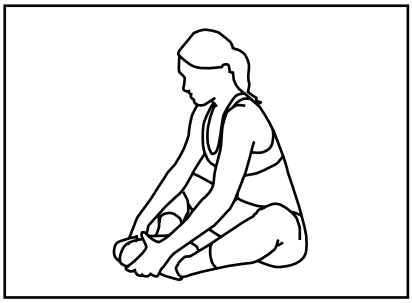
Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.

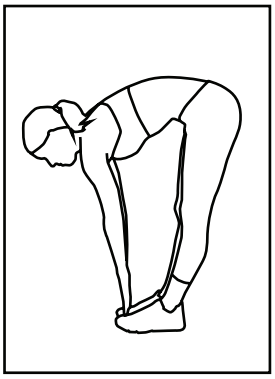


SUGGESTED STRETCHES

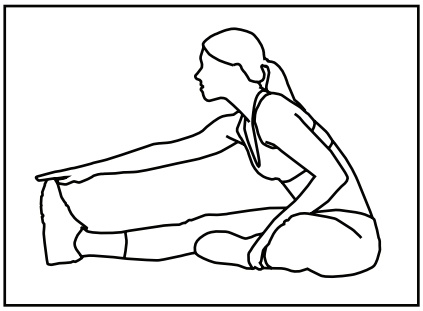
Inner Thigh Stretch
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Toe Touches
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

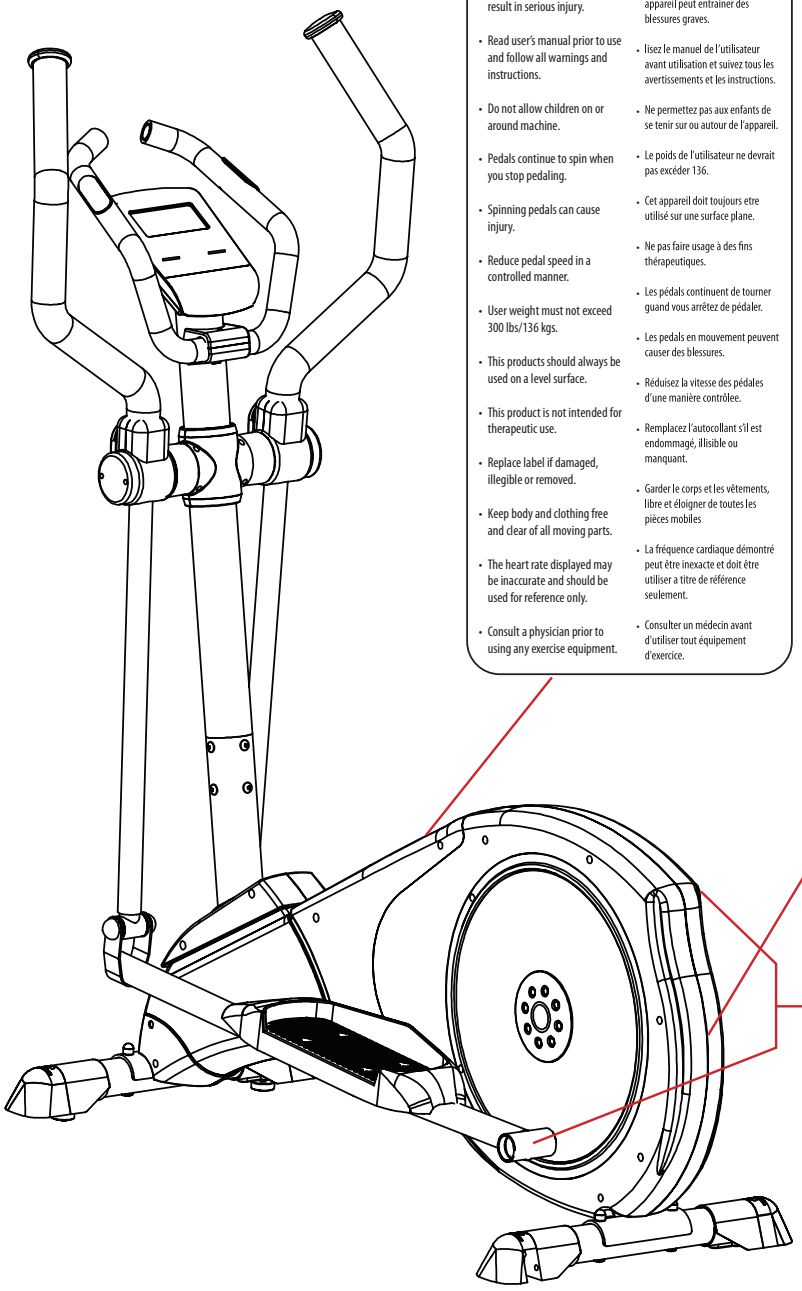


Hamstring Stretches
Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



Calf/Achilles Stretches
Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.

ASSEMBLY INSTRUCTIONS AND WARNING LABELS



⚠WARNING
⚠AVERTISSEMENT

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 300 lbs/136 kgs.
- This products should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible or removed.
- Keep body and clothing free and clear of all moving parts.
- The heart rate displayed may be inaccurate and should be used for reference only.
- Consult a physician prior to using any exercise equipment.

- La mauvaise utilisation de cet appareil peut entrainer des blessures graves.
- lisez le manuel de l'utilisateur avant utilisation et suivez tous les avertissements et les instructions.
- Ne permettez pas aux enfants de se tenir sur ou autour de l'appareil.
- Le poids de l'utilisateur ne devrait pas excéder 136.
- Cet appareil doit toujours etre utilisé sur une surface plane.
- Ne pas faire usage à des fins thérapeutiques.
- Les pédals continuent de tourner guand vous arrêtez de pédaler.
- Les pedals en mouvement peuvent causer des blessures.
- Réduisez la vitesse des pédales d'une manière contrôlee.
- Remplacez l'autocollant s'il est endommagé, illisible ou manquant.
- Garder le corps et les vêtements, libre et éloigner de toutes les pièces mobiles
- La fréquence cardiaque démontré peut être inexacte et doit être utiliser a titre de référence seulement.
- Consulter un médecin avant d'utiliser tout équipement d'exercice.

⚠WARNING
⚠AVERTISSEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

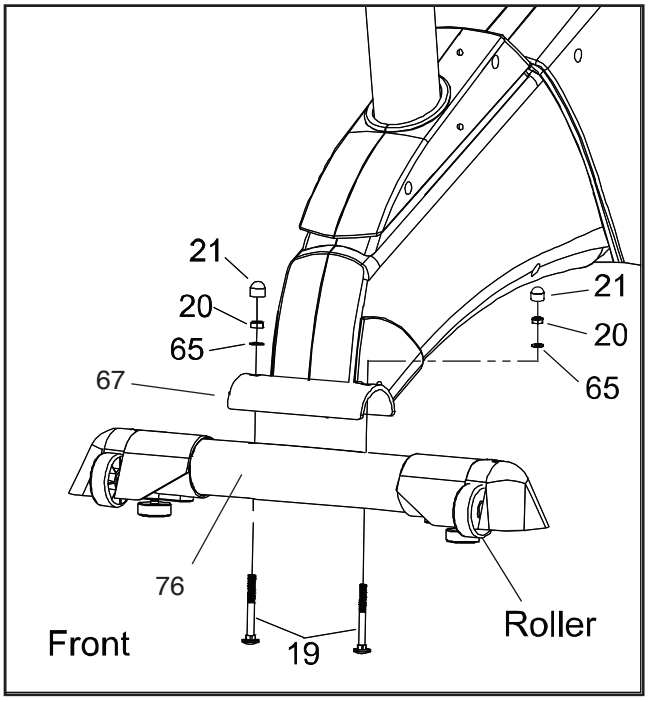
Cet appareil conforme avec Article 15 des règlements de FCC. Le fonctionnement est soumit au 2 conditions suivantes: (1) Cet appareil ne peut pas causer des interférences nuisible, et (2) cet appareil doit accepter toutes les interférence reçues, y compris les interférences qui peuvent causer l'opération indésirable.

⚠WARNING
⚠AVERTISSEMENT

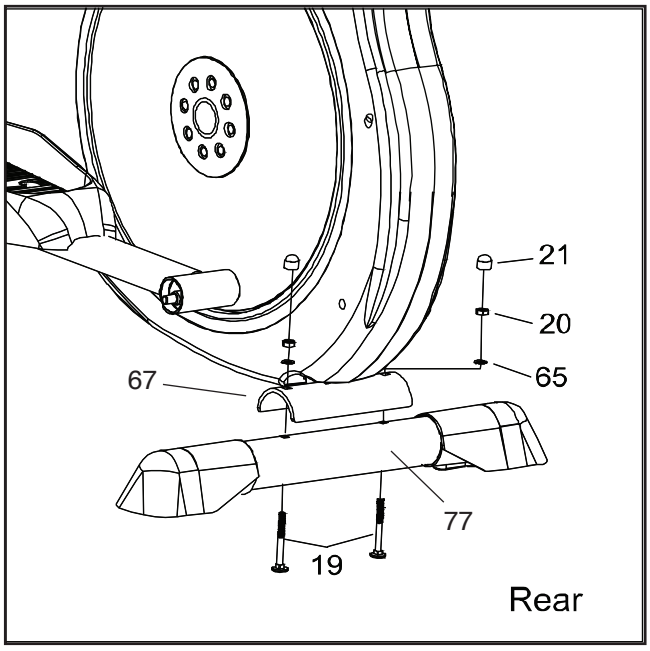
Keep hands and fingers clear of this area.

Gardez vos mains et doigts éloignés de cet endroit

STEP 1
Attach the Front Stabilizer (76) to the bottom front portion of the Base Frame (67) using the screw (19), washer (65), nylock nut (20), and plastic cap (21) combination.

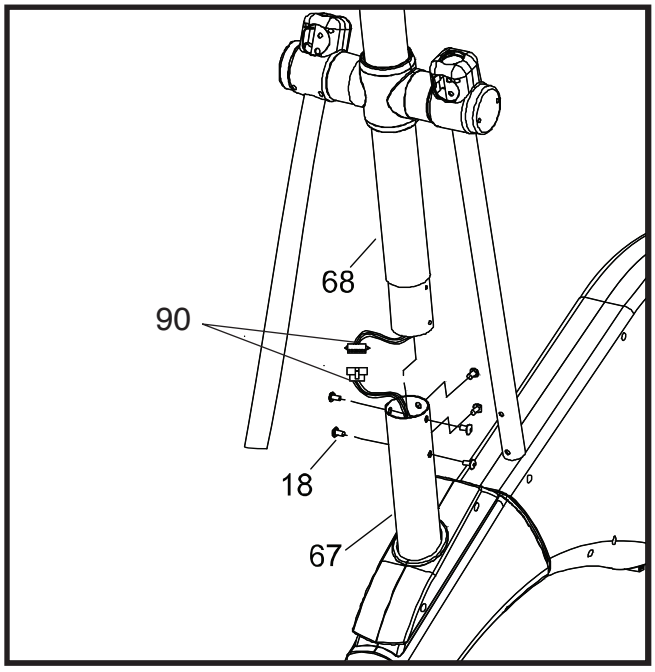


STEP 2
Attach the Rear Stabilizer (77) to the bottom back portion of the Base Frame (67) using the screw (19), washer (65), nylock nut (20), and plastic cap (21) combination.



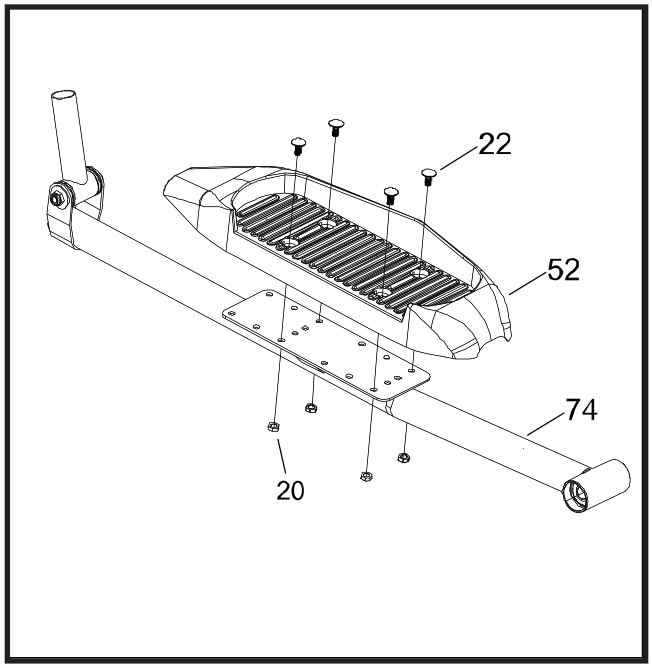
STEP 3

This step may require the assistance of an additional person. Join the male and female connectors ends that attach the console control wire (90) to the Base Frame (67). Now slide the Upright Tube (68) into the Base Frame (67), paying close attention not cut or pinch the control wires. Secure both section members using the Allen head bolts (18) provided.

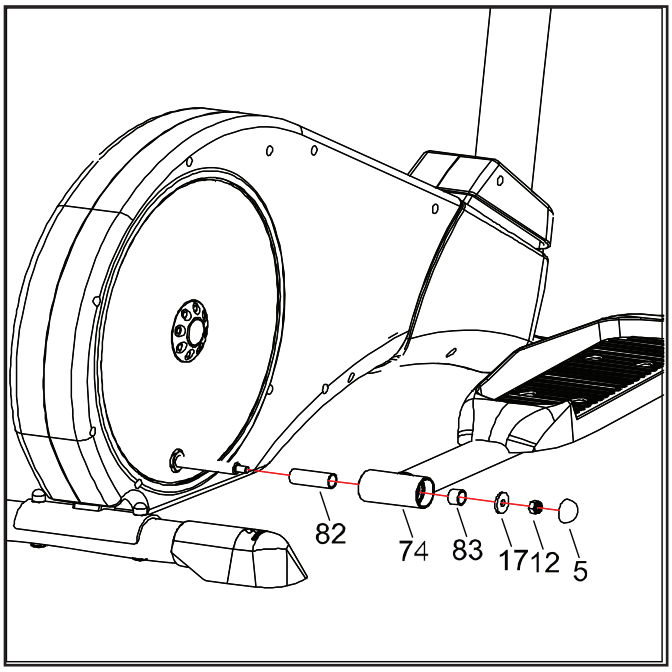


STEP 4

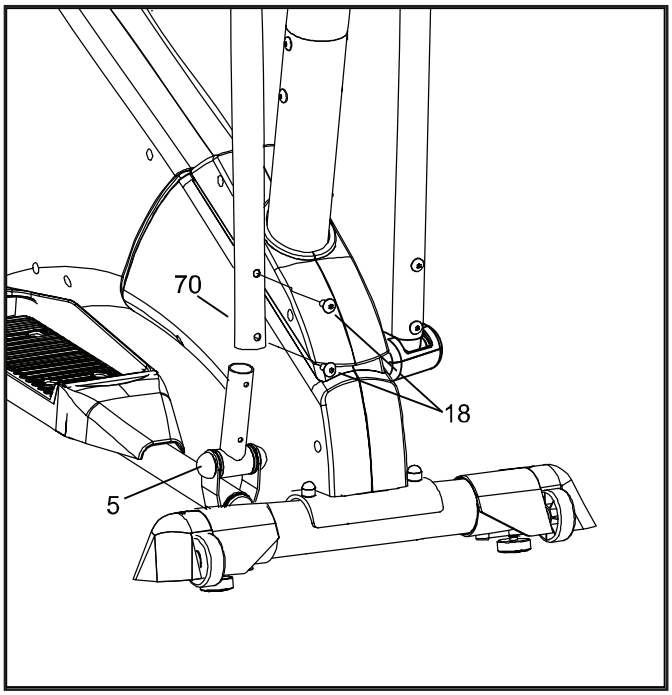
Now mount the Left Pedal (52) to the Left Pedal Tube (74). Securing the two members with the screws (22) and nuts (20) provided. Apply the same steps to the Right Pedal.



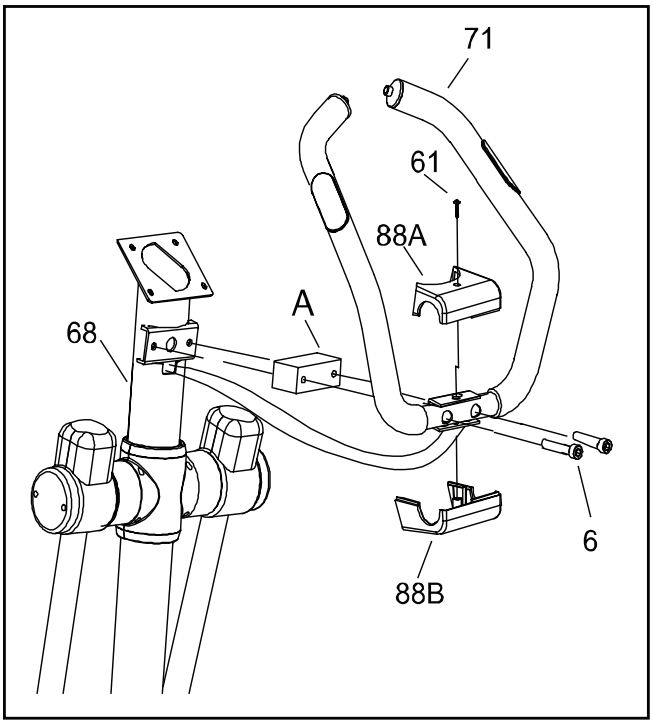
STEP 5
Attach the Right Pedal Tube (74) to the Flywheel Shaft using bushings (82), bushings (83), washer(17) nylock nut (12), and plastic cap (5) combination, as shown in illustration #5. Now repeat the process for the Left Pedal tube using the same steps.



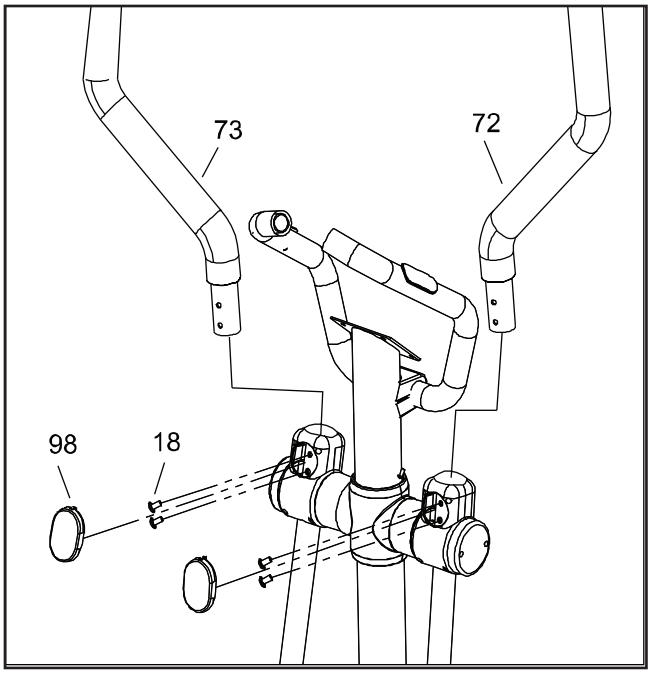
STEP 6
Attach the bottom potion of the left and right swivel tube to the corresponding Pedal Tube using the Allen head Bolts (18) provided.



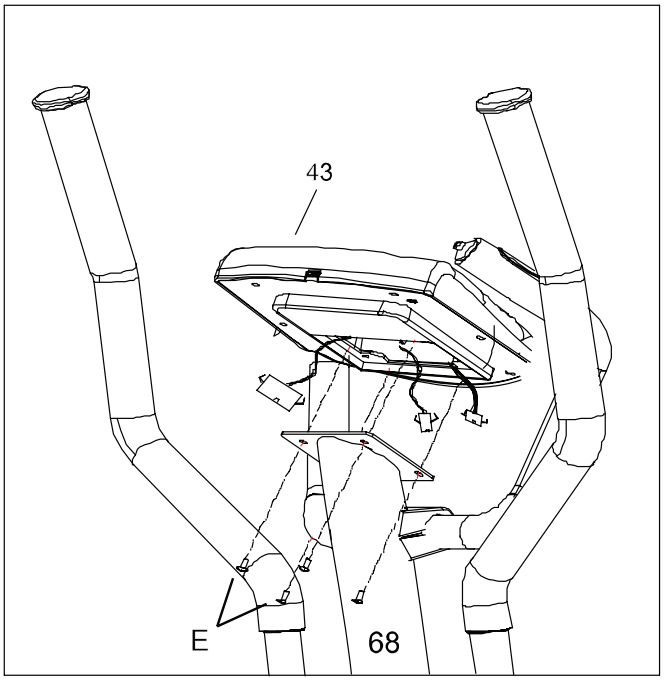
STEP 7
Pull the pulse sensor cable up to the console mount using the guide wire, which is secured to the top of the Upright Tube (68). Mount the Fixed Handlebar (71), using Metal Bracket (A), to the mounting bracket located at the top portion of the Upright Tube (68) using the hex head bolts (6) supplied. Enclose the mounting holes and bolts by interlocking the Upper cover (88A) and lower cover (88B). Securing them both using the screw (61) provided.



STEP 8
Attach the (left) handlebar (72) and (right) handlebar (73) to the top of the corresponding swivel tube. Secure the attached members using the screws (18) supplied then place the end caps (98) over the holes.

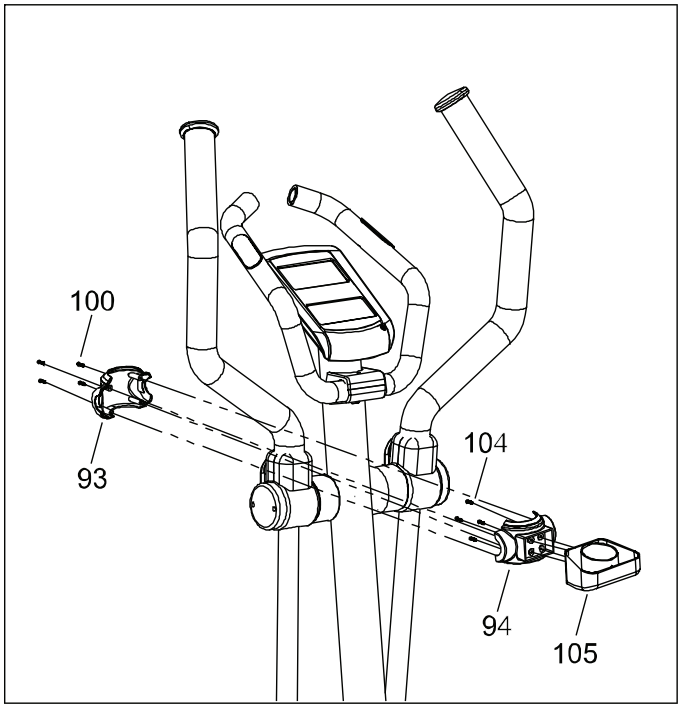


STEP 9
PLEASE DO NOT PINCH OR CUT OR PINCH THE CONTROL WIRING.
Mate the male and female ends of the connectors that attach the console control wire to the Upper portion of the swivel tube. Now attach the console (43) to the upper mount of the swivel tube using screws (E) provided.



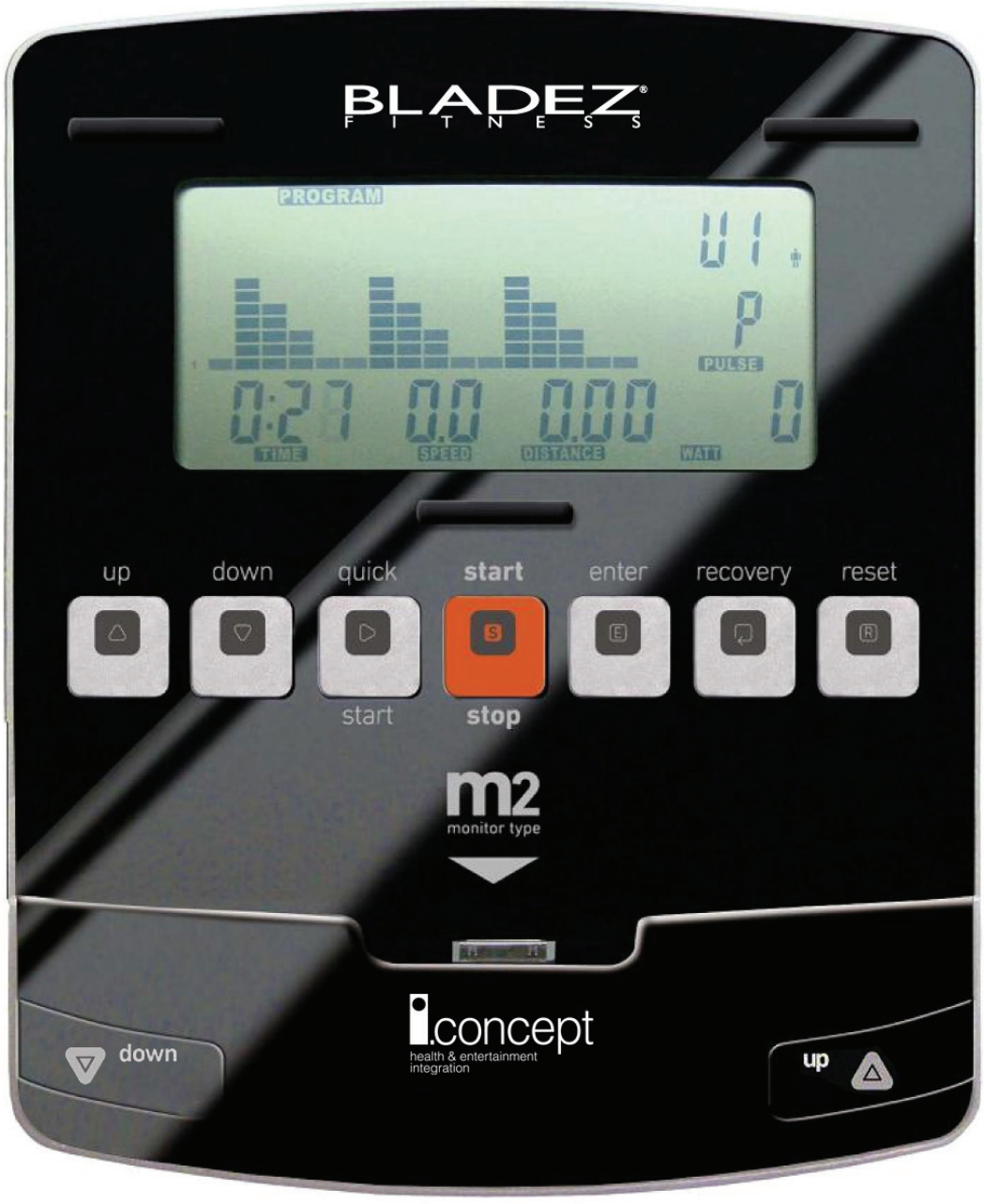
STEP 10
Mount the Bottle Holder (105) using the Mount Bracket (93&94) and Screws (100) provided.

NOTE: If the water bottle holder is getting in the way of your exercise, or you are hitting your knees on it, remove the water bottle holder and plastic cover on the other side of the upright, and install it so the water bottle holder is on the other side of the upright tube.



MOVE THE MACHINE
To move the machine to a new location, tilt the bike forward and roll the machine on the transport wheels.

CONSOLE OPERATIONS



SPECIFICATIONS:

ENTER	To confirm all setting values
RESET	To reset all parameters to default value
START/STOP	To start or stop training
UP	To make upward setting change
DOWN	To make downward setting change
RECOVERY	In stop or start mode, pressing this button will start Heart Rate recovery status measurement. Time will count down from 60 seconds
QUICKSTART	Starts the machine without any preset program or data from user

FUNCTION:

TIME	Displaying the workout time while exercising
SPEED	Displaying the current speed
DISTANCE	Accumulating the distance while exercising
PULSE	30-240 BPM
CALORIES	Counts calories while exercising
RPM	Displaying crank speed in revolution per minute

GETTING STARTED - OPERATING PROCEDURE:

Start pedaling and the console will turn on. Use the UP/DOWN buttons to set up your user data by selecting any user U0-U4. Press the ENTER button to accept user selection. Press UP/DOWN buttons to toggle between genders. Press ENTER to accept. Use the UP/DOWN to set AGE then press ENTER. Use the UP/DOWN buttons to enter height in inches and presss ENTER to accept. Use the UP/DOWN buttons to input weight then press ENTER to select.

1. MANUAL MODE
User may preset their own resistance level from 1 to 24 by pressing the UP/DOWN buttons. The default resistance level is 1. Press ENTER to confirm. Using the UP/DOWN buttons enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

2. PROGRAM MODE
There are 12 preset programs. Use the UP/DOWN buttons to select the desired program profile, then press the ENTER button to confirm. Use the UP/DOWN buttons to adjust the resistance level. Press ENTER to confirm. Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START/STOP to begin your workout.

3. FITNESS TEST
Use the UP/DOWN buttons to select FITNESS and press ENTER. Press START/STOP to start the test. The user has to achieve the greatest distance possible in 8 minutes. When the time is up, the electronic device will work out the difference and your fitness rating will be displayed up on the screen: «F1, F2,..., F5, F6»; where «F1» is the best «Excellent» and «F6» the worst «Very Poor».

4. PERSONAL MODE
Users may create their own profile in this mode. The first segment of the profile will start blinking. Use the UP/DOWN buttons to adjust resistance level for each segment. Once all 16 segments have been entered press the ENTER button to confirm. Press START/STOP to begin your workout.

5. WATT CONTROL MODE
Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START/STOP to begin your workout. User may set the Watt value by pressing the UP/DOWN buttons to change in 10 Watt increments.

6. HRC MODE
Input personal data: SEX, AGE, HEIGHT and WEIGHT.
User may select different target Heart Rate from 55%, 75%, 90% and TARGET by using the UP/DOWN buttons. Press ENTER to confirm. Then, enter values for TIME, DISTANCE, CALORIES, and then press START/STOP to begin your workout.

7. RANDOM MODE
Use the UP/DOWN buttons to select the RANDOM function and press ENTER. Input

values for TIME, DISTANCE, and CALORIES. You will see a random program profile. Press START/STOP to start the exercise. The duration of the program graph is 16 minutes, divided into sixteen segments. To program time, distance and/or calories, go through the following procedure: Once the program has been selected and before pressing the START STOP button, press the ENTER button to program the time using the UP/DOWN buttons. In this case the time will be divided into sixteen segments. Press the ENTER button to program the distance. Press ENTER again to program the calories. Press START/STOP to start the exercise. You can vary the exertion level during the exercise by pressing the UP/DOWN buttons. NOTE: The monitor will shut off if the machine is without use for more than 90 seconds.

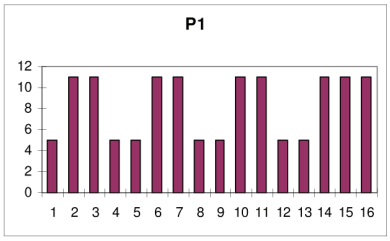
HAND-GRIP PULSE MEASUREMENT INSTRUCTIONS

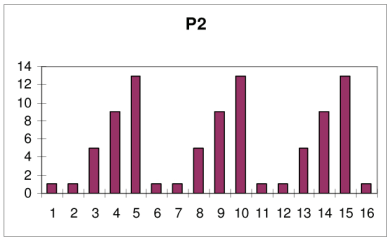
On this model the pulse rate is measured by placing both hands on the hand grip sensors, located on the handlebar. When both hands are placed on the hand grip sensors the heart symbol on the righthand side of the screen, marked PULSE, will begin to flash and after 10-15 seconds a heart rate reading will be displayed. If both hands are not placed correctly as shown in Fig.3 then the pulse function will not work. If a «P» appears on the screen or the heart symbol does not flash, make sure that both hands completely touch the metal portions of the grips.

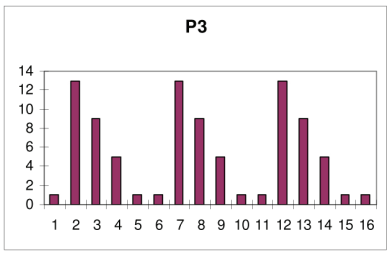
TEST MEASUREMENTS:

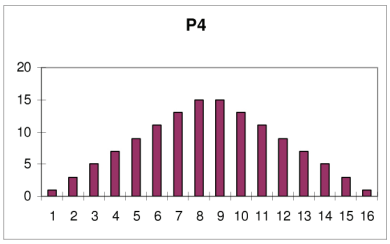
This monitor is equipped with a recovery test function. This offers you the advantage of being able to measure how long it takes your heart rate to recover after having finished the exercise. Upon finishing the exercise leave your hands on the pulse sensors and press the «Recovery» button, this will start a one minute countdown. Only the Time and Pulse rate function read-outs will remain displayed. The electronic device will measure your pulse rate during this minute. The heart rate recovery time will be displayed on the heart rate line. If, at any time during this minute, you decide to abandon this test then press the «Recovery» button and this will take you back to the main screen. When the minute is up, the monitor will work out the difference and your fitness rating will be displayed on the screen: «F1, F2,..., F5, F6»; where «F1» is the best (fitness «Excellent») and «F6» the worst (fitness «Very Poor»). Pressing the RECOVERY button will take you back to the main screen, where the functions will be in the same mode as when the test began. The comparison between the worked heart rate and the recovery heart rate provides a fast, simple method of gauging how fit you are. Your fitness rating is a guideline that shows you how fast your heart recovers after a physical exertion. If you exercise regularly then you will see your fitness rating improve The test does not work unless you continuously hold the grips for 1 minute.

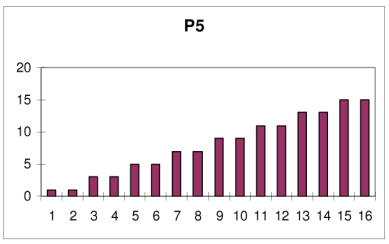
CONSOLE PROGRAMS

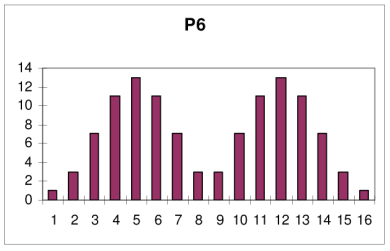


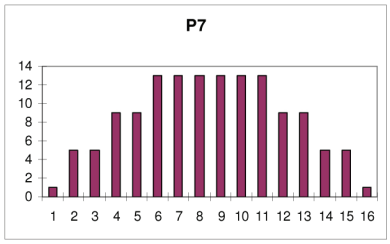


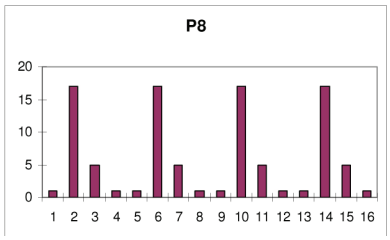


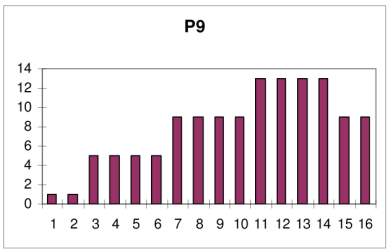


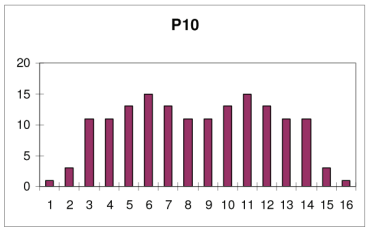


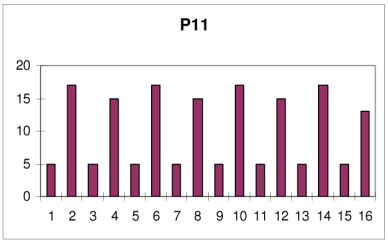


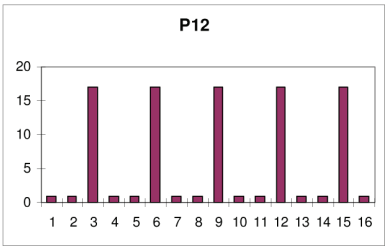












OPERATING WITH AN iPod/iPhone/iPhone

Insert the iPod / iPhone / iPad into the dock ensuring that the connector has been inserted correctly and the device sits firmly on the connector in the dock itself.

Note: Before connecting the device, you must download a PAFERS application from APP STORE.

Here are the devices that this machine is compatible with:

- iPod touch (4th generation)
- iPod touch (3rd generation)
- iPhone 4S
- iPhone 4
- iPhone 3
- iPad 2
- iPad (3rd generation)
- iPad

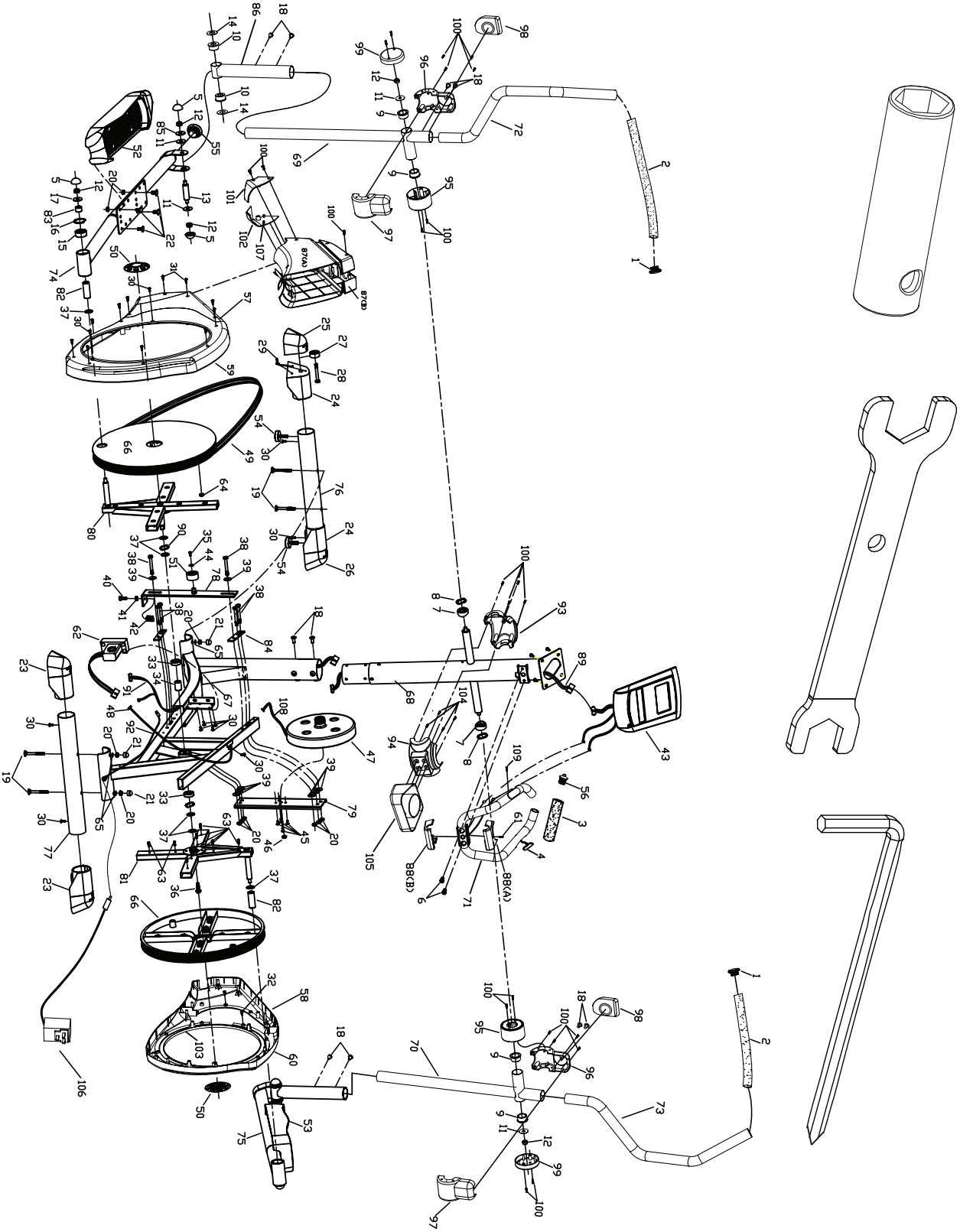
Bladez Fitness iConcept products are compatible with Apple devices with iOS 4.2.3 or later. It is recommended to update iOS to latest version to obtain the best user experience.

“Made for iPod “, “Made for iPhone,” and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessorywith iPod, iPhone, or iPad may affect wireless performance. iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

MAINTENANCE AND CLEANING

Care has been taken to assure that your equipment has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components. Instead, seek service from an authorized service center. However, you may clean the outer surface. Use a soft cloth, dampened with warm water. Do not use aerosol sprays or pump bottles as they may deposit sediments upon the console surface. The use of harsh chemicals will destroy the protective coating and cause a static build-up that may damage the some of the components.

EXPLODED VIEW DRAWING



PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

No.	Description	Qty
1	Handlebar end cap	2
2	Handlebar grip	2
3	T-Bar grip	2
4	Hand pulse grip unit	2
5	End cap	6
6	Screw (M8x55 mm)	2
7	Locking washer	2
8	Washer	4
9	Sleeve	4
10	Sleeve	4
11	Washer	6
12	Nylock nut	8
13	Pedal tube shaft	2
14	Washer	4
15	Bearing	2
16	Retainer	2
17	Washer	2
18	Allen head bolt	14
19	Screw	4
20	Nylock nut	18
21	Plastic cap	4
22	Screw	8
23	Rear foot cover	2
24	Front foot cover (middle)	2
25	Front foot cover (left)	1
26	Front foot cover (right)	1
27	Wheel	2
28	Screw	2
29	Screw	6
30	Screw	13
31	Screw	9
32	Screw	28
33	Bearing	2
34	Bushing	1
35	Screw	1
36	Locking screw	1
37	Spacer	8
38	Screw	6
39	Washer	9
40	Screw	1
41	Nut	1
42	Spring	1
43	Meter	1
44	Washer	1
45	Screw	4
46	Nut	1
47	Flywheel	1
48	Speed Sensor Cable	1
49	Belt	1
50	End cap	2
51	Drive pulley	1
52	Pedal, LH	1
53	Pedal, RH	1

No.	Description	Qty
54	Adjustable foot	2
55	End cap	2
56	End cap (T-Bar)	2
57	Middle cover, LH	1
58	Middle cover, RH	1
59	Side cover, LH	1
60	Side cover, RH	1
63	Screw	16
64	Magnet	1
65	Washer	4
66	Pulley	2
67	Base frame	1
68	Upright tube	1
69	Swivel tube, LH	1
70	Swivel tube, RH	1
71	Fix handlebar	1
72	Handlebar, LH	1
73	Handlebar, RH	1
74	Pedal tube, left	1
75	Pedal tube, right	1
76	Front foot	1
77	Rear foot	1
78	Flywheel holder bracket	1
79	Belt tightener	1
80	Metal cross, LH	1
81	Metal cross, RH	1
82	Bushing	2
83	Bushing	2
84	Metal plate	2
85	Rubber washer	2
87(A)	Front cover, LH	1
87(B)	Front cover, RH	1
88(A)	Upper cover	1
88(B)	Lower cover	1
91	Cable	1
92	Power wire	1
93	Front cover for upright tube	1
94	Rear cover for upright tube	1
95	Inner cover for swivel tube	2
96	Front cover for swivel tube	2
97	Rear cover for swivel tube	2
98	End cap	2
99	End plug	2
100	Screw	25
101	Front lower cap left	1
102	Front lower cap right	1
103	Disc rim	2
104	Screw	4
105	Bottle holder	1
106	Power adapter	1
107	Support sleeve	4
108	Cable	1
109	Screw	2
A	Metal Bracket	1

The Drive Belt is an expendable item which becomes worn during normal use.

WARRANTY

LIMITED RESIDENTIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and one (1) year on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

Register your product warranty easily online at:
http://www.bhnorthamerica.com/BHFH/support/warranty/registration.php

FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE BACK TO THE RETAIL STORE. CONTACT BLADEZ FITNESS FIRST.

Bladez/BH North America Corporation
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Foothill Ranch, CA 92610
Phone: 949.206.0330; Toll Free: 866.325.2339; Fax: 949.206.0013
Email: fitness@bhnorthamerica.com
Web: www.bhnorthamerica.com
Mon - Fri 8am - 5pm PST